

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Oct 1, 2016 thru Oct 31, 2016

Base Menu Spreadsheet

LUNCH 9-12

Weighted Values - Detailed

Page 1

Generated on: 9/20/2016 12:30:34 PM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 10/03/2016				
LUNCH 9-12	Total	100		
PRETZEL WG SOFT 2.2 oz.(2 ea)	2 EACH	25	70	15.0
CHICKEN ORANGE KIT NO RICE	2.8	45	77	4.95
PIZZA PRIMO BIG DADDY 16"	SLICE	35	129	12.59
BROCCOLI, FLOR, FROZ 3/4 COM	3/4 C	75	29	5.55
SWEET POTATO LATTICE CUT FRIES	1/2 CUP	80	68	8.8
FRUIT BAR FRESH HS	1 EACH	65	44	11.24
JUICE APPLE CUP JOHA	4 OZ	95	57	13.3
RICE, BROWN LONG, 1 CUP	1 cup	45	97	20.15
MILK 1% SMITH BROTHERS	HALF PINT	20	22	2.6
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	104	18.4
CHEESE SAUCE CHEDDAR 2 oz	2 OZ	25	20	1.5
Weighted Daily Average			717	114.08
% of Calories				63.6%
Nutrient Guideline			750-850	

Tue - 10/04/2016				
LUNCH 9-12	Total	100		
BBQ PORK HOAGIE	1 EACH	50	200	19.5
Cindys Fiesta Bowl each 3/4 ri	serving	25	97	11.89
TORTILLA WHEAT 10"	1 EA	25	50	9.0
HAM & CHEESE HOAGIE GRADE 9-12	1 EA	25	73	7.58
FRUIT BAR FRESH HS	1 EACH	40	27	6.92
VEGETABLE BAR HS	SERVINGS	60	29	5.91
MILK 1% SMITH BROTHERS	HALF PINT	15	17	1.95
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	104	18.4
SALAD DRESSING, RANCH	1.5 OZ	60	60	1.64
JUICE/FRUITABLES/TROPICAL	6.75 OZ	55	50	12.1
COOKIE SNICKERDOODLE	1 EACH	80	80	15.2
Weighted Daily Average			787	110.07
% of Calories				56.0%
Nutrient Guideline			750-850	

Wed - 10/05/2016				
LUNCH 9-12	Total	100		
CHICKEN PATTY BREADED 7-12 san	PATTY	30	103	11.43
CHICKEN TAQUITOS HS	4 EACH	30	132	15.6
BURRITO, CHEESE/BEAN ZESTY CN	1 EACH	40	116	16.8
POTATO JO-JO 1/2 (5 EA)	1/2 C	80	80	12.0
REFRIED BEANS, TRADITIO :1/2 C	1/2 C	40	48	7.2
JUICE ORANGE JUICE CUP J	4 OZ	50	25	6.5
MILK 1% SMITH BROTHERS	HALF PINT	20	22	2.6
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	104	18.4
FRUIT BAR FRESH HS	1 EACH	40	27	6.92
SALSA , GREEN CHILI TOMATO, CH	2 oz	40	5	1.11
KETCHUP:3	PKG	50	5	1.0
CHEESE, CHEDDAR REDUCED FAT M	1 OZ	40	32	0.23

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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LUNCH 9-12

Weighted Values - Detailed

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Generated on: 9/20/2016 12:30:34 PM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories			699	99.79 57.1%
Nutrient Guideline			750-850	

Thu - 10/06/2016				
LUNCH 9-12	Total	100		
WRAP, HAM 9-12 GRADE	1 EACH	20	76	7.8
BREAD BEEF FINGER BOWL	SV	20	117	14.26
BOSCO CHEESE STICK WG-2	Bread Stick (2)	60	180	20.4
ROLL DINNER WG BAKER BOY	ROLL	20	22	3.8
FRUIT BAR FRESH HS	1 EACH	40	27	6.92
VEGETABLE BAR HS	SERVINGS	60	29	5.91
MILK 1% SMITH BROTHERS	HALF PINT	20	22	2.6
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	97	17.25
SALAD DRESSING, RANCH	1.5 OZ	60	60	1.64
EDAMANE SUCCOTASH	4 OZ	45	60	6.0
DIPPING SAUCE 6-12 4 oz	4 OZ	60	27	7.06
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	20	1	0.26
APPLESAUCE, UNSWEETENED	.5 CUP	25	13	3.45
Weighted Daily Average % of Calories			732	97.34 53.2%
Nutrient Guideline			750-850	

Fri - 10/07/2016				
LUNCH 9-12	Total	100		
BEEF PATTY MESQUITE CHARBROILE	1 ea	30	104	9.42
PIZZA PRIMO BIG DADDY 16"	SLICE	30	111	10.79
PORK NUGGETS W/HONEY BBQ-4 ea	4 EACH	30	80	3.2
BEEF TERYAKI DIPPER 4 each **	2.8 OZ	0	0	0.0
POTATO, TATER TOTS: 6-12 (15)	15 EACH	80	180	20.4
GREEN BEANS, 9-12 LOW SODIUM	3/4 CUP	50	11	2.28
FRUIT BAR FRESH HS	1 EACH	50	34	8.65
FRUIT, MIXED, LIGHT: 1/2 C	1/2 C	85	58	15.2
MILK 1% SMITH BROTHERS	HALF PINT	20	22	2.6
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	104	18.4
KETCHUP: 3	PKG	75	7	1.5
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	30	2	0.4
ROLL DINNER WG BAKER BOY	ROLL	40	44	7.6
PRETZEL GOLDFISH CRACKERS	BAG	65	59	10.4
Weighted Daily Average % of Calories			815	110.83 54.4%
Nutrient Guideline			750-850	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Oct 1, 2016 thru Oct 31, 2016

Base Menu Spreadsheet

LUNCH 9-12

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 10/10/2016				
LUNCH 9-12	Total	100		
PRETZEL WG SOFT 2.2 oz.(2 ea)	2 EACH	25	70	15.0
CHICKEN ORANGE KIT NO RICE	2.8	45	77	4.95
PIZZA PRIMO BIG DADDY 16"	SLICE	35	129	12.59
BROCCOLI, FLOR, FROZ 3/4 COM	3/4 C	75	29	5.55
SWEET POTATO LATTICE CUT FRIES	1/2 CUP	80	68	8.8
FRUIT BAR FRESH HS	1 EACH	65	44	11.24
JUICE APPLE CUP JOHA	4 OZ	95	57	13.3
RICE, BROWN LONG, 1 CUP	1 cup	45	97	20.15
MILK 1% SMITH BROTHERS	HALF PINT	20	22	2.6
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	104	18.4
CHEESE SAUCE CHEDDAR 2 oz	2 OZ	25	20	1.5
Weighted Daily Average			717	114.08
% of Calories				63.6%
Nutrient Guideline			750-850	

Tue - 10/11/2016				
LUNCH 9-12	Total	100		
BBQ PORK HOAGIE	1 EACH	50	200	19.5
Cindys Fiesta Bowl each 3/4 ri	serving	25	97	11.89
TORTILLA WHEAT 10"	1 EA	25	50	9.0
HAM & CHEESE HOAGIE GRADE 9-12	1 EA	25	73	7.58
FRUIT BAR FRESH HS	1 EACH	40	27	6.92
VEGETABLE BAR HS	SERVINGS	60	29	5.91
MILK 1% SMITH BROTHERS	HALF PINT	15	17	1.95
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	104	18.4
SALAD DRESSING, RANCH	1.5 OZ	60	60	1.64
JUICE/FRUITABLES/TROPICAL	6.75 OZ	55	50	12.1
COOKIE SNICKERDOODLE	1 EACH	80	80	15.2
Weighted Daily Average			787	110.07
% of Calories				56.0%
Nutrient Guideline			750-850	

Wed - 10/12/2016				
LUNCH 9-12	Total	100		
CHICKEN PATTY BREADED 7-12 san	PATTY	30	103	11.43
CHICKEN TAQUITOS HS	4 EACH	30	132	15.6
BURRITO, CHEESE/BEAN ZESTY CN	1 EACH	40	116	16.8
POTATO JO-JO 1/2 (5 EA)	1/2 C	80	80	12.0
REFRIED BEANS, TRADITIO :1/2 C	1/2 C	40	48	7.2
JUICE ORANGE JUICE CUP J	4 OZ	50	25	6.5
MILK 1% SMITH BROTHERS	HALF PINT	20	22	2.6
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	104	18.4
FRUIT BAR FRESH HS	1 EACH	40	27	6.92
SALSA , GREEN CHILI TOMATO, CH	2 oz	40	5	1.11
KETCHUP:3	PKG	50	5	1.0
CHEESE, CHEDDAR REDUCED FAT M	1 OZ	40	32	0.23

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LUNCH 9-12

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories			699	99.79 57.1%
Nutrient Guideline			750-850	

Thu - 10/13/2016				
LUNCH 9-12	Total	100		
WRAP, HAM 9-12 GRADE	1 EACH	20	76	7.8
BREAD BEEF FINGER BOWL	SV	20	117	14.26
BOSCO CHEESE STICK WG-2	Bread Stick (2)	60	180	20.4
ROLL DINNER WG BAKER BOY	ROLL	20	22	3.8
FRUIT BAR FRESH HS	1 EACH	40	27	6.92
VEGETABLE BAR HS	SERVINGS	60	29	5.91
MILK 1% SMITH BROTHERS	HALF PINT	20	22	2.6
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	97	17.25
SALAD DRESSING, RANCH	1.5 OZ	60	60	1.64
EDAMANE SUCCOTASH	4 OZ	45	60	6.0
DIPPING SAUCE 6-12 4 oz	4 OZ	60	27	7.06
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	20	1	0.26
APPLESAUCE, UNSWEETENED	.5 CUP	25	13	3.45
Weighted Daily Average % of Calories			732	97.34 53.2%
Nutrient Guideline			750-850	

Fri - 10/14/2016				
LUNCH 9-12	Total	100		
BEEF PATTY MESQUITE CHARBROILE	1 ea	30	104	9.42
PIZZA PRIMO BIG DADDY 16"	SLICE	30	111	10.79
PORK NUGGETS W/HONEY BBQ-4 ea	4 EACH	30	80	3.2
BEEF TERYAKI DIPPER 4 each **	2.8 OZ	0	0	0.0
POTATO, TATER TOTS: 6-12 (15)	15 EACH	80	180	20.4
GREEN BEANS, 9-12 LOW SODIUM	3/4 CUP	50	11	2.28
FRUIT BAR FRESH HS	1 EACH	50	34	8.65
FRUIT, MIXED, LIGHT: 1/2 C	1/2 C	85	58	15.2
MILK 1% SMITH BROTHERS	HALF PINT	20	22	2.6
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	104	18.4
KETCHUP: 3	PKG	75	7	1.5
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	30	2	0.4
ROLL DINNER WG BAKER BOY	ROLL	40	44	7.6
PRETZEL GOLDFISH CRACKERS	BAG	65	59	10.4
Weighted Daily Average % of Calories			815	110.83 54.4%
Nutrient Guideline			750-850	

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LUNCH 9-12

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 10/17/2016				
LUNCH 9-12	Total	100		
PRETZEL WG SOFT 2.2 oz.(2 ea)	2 EACH	25	70	15.0
CHICKEN ORANGE KIT NO RICE	2.8	45	77	4.95
PIZZA PRIMO BIG DADDY 16"	SLICE	35	129	12.59
BROCCOLI, FLOR, FROZ 3/4 COM	3/4 C	75	29	5.55
SWEET POTATO LATTICE CUT FRIES	1/2 CUP	80	68	8.8
FRUIT BAR FRESH HS	1 EACH	65	44	11.24
JUICE APPLE CUP JOHA	4 OZ	95	57	13.3
RICE, BROWN LONG, 1 CUP	1 cup	45	97	20.15
MILK 1% SMITH BROTHERS	HALF PINT	20	22	2.6
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	104	18.4
CHEESE SAUCE CHEDDAR 2 oz	2 OZ	25	20	1.5
Weighted Daily Average			717	114.08
% of Calories				63.6%
Nutrient Guideline			750-850	

Tue - 10/18/2016				
LUNCH 9-12	Total	100		
BBQ PORK HOAGIE	1 EACH	50	200	19.5
Cindys Fiesta Bowl each 3/4 ri	serving	25	97	11.89
TORTILLA WHEAT 10"	1 EA	25	50	9.0
HAM & CHEESE HOAGIE GRADE 9-12	1 EA	25	73	7.58
FRUIT BAR FRESH HS	1 EACH	40	27	6.92
VEGETABLE BAR HS	SERVINGS	60	29	5.91
MILK 1% SMITH BROTHERS	HALF PINT	15	17	1.95
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	104	18.4
SALAD DRESSING, RANCH	1.5 OZ	60	60	1.64
JUICE/FRUITABLES/TROPICAL	6.75 OZ	55	50	12.1
COOKIE SNICKERDOODLE	1 EACH	80	80	15.2
Weighted Daily Average			787	110.07
% of Calories				56.0%
Nutrient Guideline			750-850	

Wed - 10/19/2016				
LUNCH 9-12	Total	100		
CHICKEN PATTY BREADED 7-12 san	PATTY	30	103	11.43
CHICKEN TAQUITOS HS	4 EACH	30	132	15.6
BURRITO, CHEESE/BEAN ZESTY CN	1 EACH	40	116	16.8
POTATO JO-JO 1/2 (5 EA)	1/2 C	80	80	12.0
REFRIED BEANS, TRADITIO :1/2 C	1/2 C	65	78	11.7
JUICE ORANGE JUICE CUP J	4 OZ	50	25	6.5
MILK 1% SMITH BROTHERS	HALF PINT	20	22	2.6
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	104	18.4
FRUIT BAR FRESH HS	1 EACH	40	27	6.92
SALSA , GREEN CHILI TOMATO, CH	2 oz	40	5	1.11
KETCHUP:3	PKG	50	5	1.0
CHEESE, CHEDDAR REDUCED FAT M	1 OZ	40	32	0.23

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Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories			729	104.29 57.2%
Nutrient Guideline			750-850	

Thu - 10/20/2016				
LUNCH 9-12	Total	100		
WRAP, HAM 9-12 GRADE	1 EACH	20	76	7.8
BREAD BEEF FINGER BOWL	SV	20	117	14.26
BOSCO CHEESE STICK WG-2	Bread Stick (2)	60	180	20.4
ROLL DINNER WG BAKER BOY	ROLL	20	22	3.8
FRUIT BAR FRESH HS	1 EACH	40	27	6.92
VEGETABLE BAR HS	SERVINGS	60	29	5.91
MILK 1% SMITH BROTHERS	HALF PINT	20	22	2.6
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	97	17.25
SALAD DRESSING, RANCH	1.5 OZ	60	60	1.64
EDAMANE SUCCOTASH	4 OZ	45	60	6.0
DIPPING SAUCE 6-12 4 oz	4 OZ	60	27	7.06
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	20	1	0.26
APPLESAUCE, UNSWEETENED	.5 CUP	25	13	3.45
Weighted Daily Average % of Calories			732	97.34 53.2%
Nutrient Guideline			750-850	

Fri - 10/21/2016				
LUNCH 9-12	Total	100		
BEEF PATTY MESQUITE CHARBROILE	1 ea	30	104	9.42
PIZZA PRIMO BIG DADDY 16"	SLICE	30	111	10.79
PORK NUGGETS W/HONEY BBQ-4 ea	4 EACH	30	80	3.2
BEEF TERYAKI DIPPER 4 each **	2.8 OZ	0	0	0.0
POTATO, TATER TOTS: 6-12 (15)	15 EACH	80	180	20.4
GREEN BEANS, 9-12 LOW SODIUM	3/4 CUP	50	11	2.28
FRUIT BAR FRESH HS	1 EACH	50	34	8.65
FRUIT, MIXED, LIGHT: 1/2 C	1/2 C	85	58	15.2
MILK 1% SMITH BROTHERS	HALF PINT	20	22	2.6
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	104	18.4
KETCHUP: 3	PKG	75	7	1.5
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	30	2	0.4
ROLL DINNER WG BAKER BOY	ROLL	40	44	7.6
PRETZEL GOLDFISH CRACKERS	BAG	65	59	10.4
Weighted Daily Average % of Calories			815	110.83 54.4%
Nutrient Guideline			750-850	

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 10/24/2016				
LUNCH 9-12	Total	100		
PRETZEL WG SOFT 2.2 oz.(2 ea)	2 EACH	25	70	15.0
CHICKEN ORANGE KIT NO RICE	2.8	45	77	4.95
PIZZA PRIMO BIG DADDY 16"	SLICE	35	129	12.59
BROCCOLI, FLOR, FROZ 3/4 COM	3/4 C	75	29	5.55
SWEET POTATO LATTICE CUT FRIES	1/2 CUP	80	68	8.8
FRUIT BAR FRESH HS	1 EACH	65	44	11.24
JUICE APPLE CUP JOHA	4 OZ	95	57	13.3
RICE, BROWN LONG, 1 CUP	1 cup	45	97	20.15
MILK 1% SMITH BROTHERS	HALF PINT	20	22	2.6
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	104	18.4
CHEESE SAUCE CHEDDAR 2 oz	2 OZ	25	20	1.5
Weighted Daily Average			717	114.08
% of Calories				63.6%
Nutrient Guideline			750-850	

Tue - 10/25/2016				
LUNCH 9-12	Total	100		
BBQ PORK HOAGIE	1 EACH	50	200	19.5
Cindys Fiesta Bowl each 3/4 ri	serving	25	97	11.89
TORTILLA WHEAT 10"	1 EA	25	50	9.0
HAM & CHEESE HOAGIE GRADE 9-12	1 EA	25	73	7.58
FRUIT BAR FRESH HS	1 EACH	40	27	6.92
VEGETABLE BAR HS	SERVINGS	60	29	5.91
MILK 1% SMITH BROTHERS	HALF PINT	15	17	1.95
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	104	18.4
SALAD DRESSING, RANCH	1.5 OZ	60	60	1.64
JUICE/FRUITABLES/TROPICAL	6.75 OZ	55	50	12.1
COOKIE SNICKERDOODLE	1 EACH	80	80	15.2
Weighted Daily Average			787	110.07
% of Calories				56.0%
Nutrient Guideline			750-850	

Wed - 10/26/2016				
LUNCH 9-12	Total	100		
CHICKEN PATTY BREADED 7-12 san	PATTY	30	103	11.43
CHICKEN TAQUITOS HS	4 EACH	30	132	15.6
BURRITO, CHEESE/BEAN ZESTY CN	1 EACH	40	116	16.8
POTATO JO-JO 1/2 (5 EA)	1/2 C	80	80	12.0
REFRIED BEANS, TRADITIO :1/2 C	1/2 C	40	48	7.2
JUICE ORANGE JUICE CUP J	4 OZ	50	25	6.5
MILK 1% SMITH BROTHERS	HALF PINT	20	22	2.6
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	104	18.4
FRUIT BAR FRESH HS	1 EACH	95	64	16.43
SALSA , GREEN CHILI TOMATO, CH	2 oz	40	5	1.11
KETCHUP:3	PKG	50	5	1.0
CHEESE, CHEDDAR REDUCED FAT M	1 OZ	40	32	0.23

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LUNCH 9-12

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories			736	109.30 59.4%
Nutrient Guideline			750-850	

Thu - 10/27/2016				
LUNCH 9-12	Total	100		
WRAP, HAM 9-12 GRADE	1 EACH	20	76	7.8
BREAD BEEF FINGER BOWL	SV	20	117	14.26
BOSCO CHEESE STICK WG-2	Bread Stick (2)	60	180	20.4
ROLL DINNER WG BAKER BOY	ROLL	20	22	3.8
FRUIT BAR FRESH HS	1 EACH	40	27	6.92
VEGETABLE BAR HS	SERVINGS	60	29	5.91
MILK 1% SMITH BROTHERS	HALF PINT	20	22	2.6
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	97	17.25
SALAD DRESSING, RANCH	1.5 OZ	60	60	1.64
EDAMANE SUCCOTASH	4 OZ	45	60	6.0
DIPPING SAUCE 6-12 4 oz	4 OZ	60	27	7.06
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	20	1	0.26
APPLESAUCE, UNSWEETENED	.5 CUP	25	13	3.45
Weighted Daily Average % of Calories			732	97.34 53.2%
Nutrient Guideline			750-850	

Fri - 10/28/2016				
LUNCH 9-12	Total	100		
BEEF PATTY MESQUITE CHARBROILE	1 ea	30	104	9.42
PIZZA PRIMO BIG DADDY 16"	SLICE	30	111	10.79
PORK NUGGETS W/HONEY BBQ-4 ea	4 EACH	30	80	3.2
BEEF TERYAKI DIPPER 4 each **	2.8 OZ	0	0	0.0
POTATO, TATER TOTS: 6-12 (15)	15 EACH	80	180	20.4
GREEN BEANS, 9-12 LOW SODIUM	3/4 CUP	50	11	2.28
FRUIT BAR FRESH HS	1 EACH	50	34	8.65
FRUIT, MIXED, LIGHT: 1/2 C	1/2 C	85	58	15.2
MILK 1% SMITH BROTHERS	HALF PINT	20	22	2.6
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	104	18.4
KETCHUP: 3	PKG	75	7	1.5
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	30	2	0.4
ROLL DINNER WG BAKER BOY	ROLL	40	44	7.6
PRETZEL GOLDFISH CRACKERS	BAG	65	59	10.4
Weighted Daily Average % of Calories			815	110.83 54.4%
Nutrient Guideline			750-850	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Oct 1, 2016 thru Oct 31, 2016

Base Menu Spreadsheet

LUNCH 9-12

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 10/31/2016				
LUNCH 9-12	Total	100		
PRETZEL WG SOFT 2.2 oz.(2 ea)	2 EACH	25	70	15.0
CHICKEN ORANGE KIT NO RICE	2.8	45	77	4.95
PIZZA PRIMO BIG DADDY 16"	SLICE	35	129	12.59
BROCCOLI, FLOR, FROZ 3/4 COM	3/4 C	75	29	5.55
SWEET POTATO LATTICE CUT FRIES	1/2 CUP	80	68	8.8
FRUIT BAR FRESH HS	1 EACH	65	44	11.24
JUICE APPLE CUP JOHA	4 OZ	95	57	13.3
RICE, BROWN LONG, 1 CUP	1 cup	45	97	20.15
MILK 1% SMITH BROTHERS	HALF PINT	20	22	2.6
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	104	18.4
CHEESE SAUCE CHEDDAR 2 oz	2 OZ	25	20	1.5
Weighted Daily Average			717	114.08
% of Calories				63.6%
Nutrient Guideline			750-850	

Weighted Average			751	107.46
				57.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	751		750 - 850	100%				
Carbohydrate (g)	107.46	57.20%						

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